

*With the Authors Compliments*

THINGOE RURAL  
SANITARY DISTRICT.

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ANNUAL REPORT

BY

CHARLES SCOTT KILNER,

*Medical Officer of Health,*

PREPARED IN ACCORDANCE WITH INSTRUCTIONS RECEIVED  
FROM THE LOCAL GOVERNMENT BOARD.

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# THINGOE RURAL SANITARY DISTRICT.

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## MEDICAL OFFICER'S REPORT.

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*To the Thingoe Rural Sanitary Authority.*

GENTLEMEN,

I have the honour to lay before you my Sixteenth Annual Report on the Sanitary Condition of the Thingoe Rural Sanitary District for the year 1893.

The population of the Thingoe District in 1891, when the last Census was taken, was 15,743, and I propose to retain this as the basis on which to frame the following statistics. The population is now probably not quite so large, but I believe for all practical purposes this number may be assumed to be correct. Population.

In the Thingoe District during the year 1893 there were registered 477 births, which is equivalent to a birth-rate of 30.29 per 1000 of the population. This is above the average of the last ten years. Births.

In the year 1892 there were 396 births, which gives a birth-rate of 25.15 per 1000.

The birth-rate in England and Wales in 1893 was 30.8 per 1000.

In the Thingoe District during the year 1893, there were registered 271 deaths, of which 45 were under one year of age, 125 between one and 65 years of age, and 101 above 65 years of age. Deaths.

The death-rate for the year amounted to 17.21 per 1000 of the population.

In 1892 there were 264 deaths, which gives a death-rate of 16.77 per 1000.

The death-rate in England and Wales in 1893 was 19.2 per 1000.

**Excess of Births over Deaths.** In the Thingoe District during the year 1893, there were 206 more births than there were deaths.

<b>Deaths in each Quarter.</b>	First Quarter—Number of Deaths	77.	Death-rate	19.56
	Second „ „ „	69.	„	17.52
	Third „ „ „	59.	„	14.96
	Fourth „ „ „	66.	„	16.76

**Infant Mortality.** Proportion of deaths under one year of age to 1000 births :—

In the Thingoe District in 1893	it was	90.54
„ „ „ 1892	„	118.68
In England and Wales in 1893	„	159.

**Mortality above 60 years of age.** Mortality per 1000 living above 60 years of age (the estimated number living being 965) :—

In the Thingoe District in 1893	it was	122.2
„ „ „ 1892	„	124.7
In England and Wales in 1893	„	71.1

**Zymotic Diseases** In the Thingoe District in the year 1893, there were 22 deaths referred to the seven principal Zymotic diseases, viz., Scarlet Fever 6, Diphtheria 9, Fever (Puerperal) 2, Whooping Cough 2, Diarrhoea 3. This is equivalent to a Zymotic death-rate of 1.39 per 1000.

In England and Wales the Zymotic death-rate was 2.47 per 1000.

**Small-pox.** No case of Small Pox was reported as having occurred in the Thingoe District during the past year.

Scarlet Fever has been very prevalent in many parts of the Thingoe District during the past year, one or more families in each of the following parishes having been attacked by it, viz., Ampton, Bradfield St. George, Chedburgh, Depden, Fornham All Saints, Hargrave, Hengrave, Horringer, Ickworth, Ixworth, Great Livermere, Pakenham, Rougham, Rushbrooke, Stanningfield, Stanton, Timworth, Westley, Great Whelnetham, Little Whelnetham, and Whepstead.

Most of these were isolated cases, and the disease did not spread beyond the family originally attacked, but at Chedburgh, Depden, Horringer, and Whepstead the Fever did spread to a very considerable extent, and it was deemed necessary to close the Schools in these parishes for some weeks. At Whepstead the School had to be closed a second time, after having been re-opened for only a short period. It was also thought advisable that the Little Whelnetham and the Fornham St. Martin Schools should likewise be closed.

One fact in connection with the recent outbreak of Scarlet Fever, and one which had conduced to its somewhat extensive spread in some parishes, was the particularly mild form it assumed in many places, whereby children whilst suffering from Scarlet Fever have been allowed to attend School and run about as usual, the parents being ignorant of the nature of the complaint from which they were suffering.

The origin of some of these isolated cases have been very difficult to trace, but in several instances the disease has been known to have been imported directly into the district.

The steps taken to prevent the disease from spreading have been—1st. Free distribution of disinfectants. 2nd. Subsequent disinfection of the various infected houses and their contents. 3rd. Closing and disinfecting Schools when considered necessary to do so. 4th. Circulars for distribution have been printed, stating as simply as possible the precautions recommended to be taken; also the penalties a person is liable to for infringing the Acts of Parliament relating to Infectious Diseases.

Diphtheria has been more prevalent in the Thingoe District during the last year than has been the case for many years past.

I believe this to be partly attributed to the heat and the prolonged drought which occurred during the Spring and Summer months.

Cases of Diphtheria have occurred in the following parishes, viz., at Bardwell 1, Chedburgh 2, Horringer 3, Little Livermere 1, Pakenham 2, Rougham 7, Great Saxham 1, and Whepstead 1.

The origin of the disease in one or two cases was veiled in obscurity. Sanitary defects which were found to exist, and an impure water supply, were the probable causes in several cases, while in some it was evidently due to direct infection from a person already attacked with Diphtheria.

All sanitary defects were remedied as far as possible, and steps were taken for the improvement of the water supply where such was found to be polluted. At Rougham, the School, which had been closed for the harvest holidays just before several cases of Diphtheria occurred almost simultaneously, was recommended to be disinfected and lime-washed throughout, and also the closets to be cleaned out and lime-washed.

**Typhoid Fever.** Only two cases of Typhoid Fever occurred during the past year, one of which was imported into the district. This was the case of a young man belonging to Bardwell, who returned home ill in April, when it was found he was suffering from Typhoid Fever. He had evidently contracted the disease when working at Brettenham, where he had been employed in cleaning out some drains, &c.

The second case occurred in November at Ixworth, and was caused by an old drain becoming blocked, and the drainage in consequence leaking into the well. The drain was promptly repaired and the well cleaned out.

**Measles and Whooping Cough** The District has been on the whole very free from Measles and Whooping Cough, few cases of these diseases of childhood having come under my observation. No death was recorded under the former heading, and only two deaths were returned under the latter heading, and these both occurred in the Fornham Sub-District.

**Diarrhœa.** The District has again been very free from Diarrhœa, the few cases that have occurred having been mostly isolated ones.

We have not been visited by any severe epidemic of Influenza. Influenza during the past year, but during February there was a good deal of sickness due to this cause amongst the children at Bardwell and Ixworth, and it was therefore thought advisable that the Schools in both these parishes should be closed for a time.

The annexed table shows the nature of the Infectious Diseases which have been notified during the past year under the Infectious Diseases (Notification) Act, 1889, and the parishes in which they have occurred.

Infectious Diseases (Notification) Act, 1889.

Most of the parishes in the Thingoe District obtain their principal water supply from private wells, though on the heavy clay soils water is often obtained from ponds and "pulks." In some parts of Pakenham, and in a few other places, water is also obtained from the river and streams. The water taken from deep wells is on the whole very good, but that taken from shallow wells is variable, and is at all times liable to pollution. The water obtained from ponds, as a rule, contains a good deal of organic matter, and this is especially the case during the Summer and Autumn months.

Water Supply.

The prolonged drought which occurred during the Spring and Summer months of the past year caused a great scarcity of water. Many sources of supply throughout the District became practically dry, or nearly so, and much inconvenience and suffering was occasioned thereby. The question of water supply has consequently been one which has engaged the serious attention of the Sanitary Authority and their officers.

During the year between fifty and sixty samples of water have been taken from various parts of the District and have been analysed, with the result that in many cases the water was pronounced to be unfit to be used for drinking purposes.

The sources from whence some of these samples were taken, however, improved after the rain commenced and the springs began to work again. Four wells have, however, been closed, twenty-nine wells and ponds have been cleaned out and deepened, twenty-six pumps and coverings of wells have been repaired, and twenty-two new wells have been sunk, viz., at Barrow 1, Bradfield St. George 1, Brockley 1, Culford 1, Denham 2, Hargrave 4, Hawstead 1, Ixworth 3, Nowton 1, Timworth 1, Whepstead 6.



# Sewage and Drainage.

The mode of disposal of sewage throughout the District is principally by means of cesspools, which are emptied at irregular intervals as occasion may require. There are only a few places where there is any system of drainage. The drains in existence chiefly run into cesspools, or find their way into open water-courses or occasionally into ponds. During the year seventeen new closets have been built, thirty-eight closets have been repaired, &c., forty-two cesspools found to be full have been ordered to be cleaned out, thirty-two new drains have been made, forty-six drains have been cleaned out and repaired, and forty-one water-courses have been cleaned out.

# Dwelling Houses

Mr. Arthur Wilson Fox, who recently visited the Thingoe District, in his report to the "Royal Commission on Labour," states, "I should say that the worst and best (cottages) are to be found in Suffolk and Norfolk, the worst being chiefly in open villages where impecunious owners or small and greedy speculators are frequently the landlords, or where 'lifeholds' are numerous. The best are nearly always situated on farms or in 'close' villages belonging to landed proprietors, who build them without expecting a return for their money."

This I believe to be in the main true, as regards the Thingoe District, as on the estates of the Marquis of Bristol, the Earl Cadogan, and many other gentlemen, the houses were, on the whole, in a highly satisfactory condition, whereas in some villages many are more or less dilapidated. I believe, however, this is often due to the poor materials, viz., clay lump and lath and plaster, of which many of the old houses were originally built, and which are very apt to frequently fall into a state of decay. The evil of overcrowding existed in places, but the question is most difficult to deal with on account of the lack of houses with sufficient accommodation for a large family, but some of the worst cases have been dealt with. During the past year thirty-six dilapidated houses have been repaired; one has been closed as unfit for human habitation; six have been better ventilated, and sixty-one houses and four schools have been disinfected.

# Housing of the Working-classes Act, 1890.

The Thingoe Rural Sanitary Authority, having just adopted Part III. of the "Housing of the Working Classes Act of 1890," have just completed eight cottages at Ixworth at a cost of £1,300. These are in pairs and are substantially built of brick. They each contain three bed-rooms, which are airy and well ventilated, there are good out houses



attached, and each cottage has a clear quarter of an acre of garden. The water is supplied by means of two wells, the closets are on the dry earth system, and the drainage runs into tanks to which are attached pumps for emptying them. Mr. Whitmore, of Chelmsford, was the architect, Mr. C. Parker, of Wickhambrook, was the contractor, and Mr. Deeks, of Bury St. Edmund's, acted as clerk of the works, and supervised the building of the cottages.

The bake-houses which have been visited during the past year are generally in a satisfactory condition. Factories and Trades.

The slaughter-houses are, as a rule, also in a fairly satisfactory condition. Complaints have been received with regard to one, but after the attention of the owner was drawn to it, its condition was improved, although it is still situated very near a dwelling-house.

The District has been systematically inspected by Mr. Deeks, the Inspector of Nuisances, and myself. A word of praise is, I think, due to Mr. Deeks for the indefatigable manner in which he has performed his duties, which have been considerably augmented owing to the number of houses he has had to visit and disinfect after scarlet fever. Sanitary Inspection.

The annexed tables compiled from the books kept by the Inspector of Nuisances show the amount of sanitary work which has been completed during the past year, and it will be observed that no less than 352 notices have been served, calling on owners or occupiers of property to abate nuisances which have been found to exist.

I have again to express my indebtedness to Robert Burrell, Esq., of Westley Hall, for the following table, showing the rainfall for each month during the year. The total rainfall for the year was 22.63, which is about two inches below the average of the last 37 years. This amount fell on 138 days. The diameter of the funnel of the rain gauge was five inches; the height of the top above the ground was one foot, and above the sea level 226 feet :— Meteorology.

January ...	1.85 inches	August ...	2.06 inches
February ...	3.05 „	September	1.18 „
March ...	.32 „	October ...	2.80 „
April ...	.08 „	November..	3.12 „
May ...	1.03 „	December...	1.94 „
June ...	1.41 „		
July ...	3.79 „	Total ...	22.63

In conclusion, I beg to append a table giving particulars regarding each parish in the Thingoe District, and also two tables, A and B, which show the number of births and deaths, and the number of new cases of infectious sickness which may have come to my knowledge, classified according to diseases, ages, and localities.

I have the honour to be, Gentlemen,

Your obedient servant,

CHARLES SCOTT KILNER,

M.B., C.M., Edin., D.P.H., Camb.,

Medical Officer of Health

*Bury St. Edmund's,*

*February 7th, 1894.*

*TABLE (A) OF DEATHS during the year 1893, in the Rural Sanitary District of Thingoe; classified according to DISEASES, AGES, and LOCALITIES.*

NAMES OF LOCALITIES	Mortality from all causes, at subjoined Ages.							Mortality from subjoined causes, distinguishing Five Years of Age.											Total	
	At all ages.	Under 1 year.	1 and under 5.	5 and under 15.	15 and under 25.	25 and under 65.	65 and upwards.	Scarlatina	Diphtheria	Puerperal Fever	Erysipelas	Whooping Cough	Diarrhoea and Dysentery	Rheumatic Fever	Phthisis	Bronchitis, Pneumonia and Pleurisy	Heart Disease	Injuries.		All Other Diseases
ROUGHAM SUB-DISTRICT ...	93	20	10	9	6	18	30	Under 5 upwards	1	2	1	1		1	2	10	10	2	16	30
FURNHAM SUB-DISTRICT ...	89	16	9	3	4	21	36	Under 5 upwards	1	2	1	2	1	1	4	6	12	1	13	25
IXWORTH SUB-DISTRICT ...	89	9	5	7	3	30	35	Under 5 upwards	2	1	1		1	1	8	18	7	1	6	14
TOTALS ...	271	45	24	19	13	69	101	Under 5 upwards	2	4	2	3	2	2	14	32	29	1	35	69

TABLE (B) OF POPULATION, BIRTHS, AND OF NEW CASES OF INFECTIOUS SICKNESS, coming to the knowledge of the Medical Officer of Health, during the year 1893, in the Rural Sanitary District of Thingoe; classified according to DISEASES, AGES, and LOCALITIES.

NAMES OF LOCALITIES.	Population at all Ages.		Registered Births.	Aged under 5 or over 5.	New Cases of Sickmess in each Locality, coming to the knowledge of the Medical Officer of Health.				
	Census, 1891.	Estimated to middle of 1893.			Scarlatina	Diphtheria	Enteric or Typhoid	Continued Fever	Erysipelas
ROUGHAM SUB-DISTRICT...	5129	About the same as in 1891.	155	Under 5. 5 upwards.	16 59	3 7			9
FORNHAM SUB-DISTRICT...	5337		170	Under 5. 5 upwards.	7 27	1 3		4	10
IXWORTH SUB-DISTRICT ...	5277		152	Under 5. 5 upwards.	4 10	1 6	2		12
TOTALS...	15743		477	Under 5. 5 upwards.	27 96	5 16	2	4	31











*Report of the Inspector of Nuisances on the Sanitary Work  
completed during the year 1893.*

Number of houses, premises, &c., inspected	...	No record.
„ notices served	... ..	35 <sup>2</sup>

DWELLING HOUSES.

Number of dilapidated houses repaired	... ..	36
„ houses unfit for human habitation	... ..	1
„ houses better ventilated	... ..	6
„ cases of overcrowding remedied	... ..	6
„ houses disinfected	... ..	61
„ schools disinfected	... ..	4

SEWAGE AND DRAINAGE.

Number of new closets built	... ..	17
„ dilapidated closets repaired, ventilated, &c.	... ..	38
„ cesspools cleaned out	... ..	42
„ new drains made	... ..	3 <sup>2</sup>
„ drains unblocked, cleaned out, &c.	... ..	46
„ watercourses cleaned out, &c.	... ..	41

WATER SUPPLY.

Number of new wells sunk	... ..	22
„ Well top coverings and pumps repaired	... ..	26
„ wells and ponds supplying drinking water cleaned out and deepened	... ..	29
„ wells closed	... ..	4

MISCELLANEOUS.

Number of animals improperly kept, removed	... ..	12
„ open pools for refuse filled up	... ..	16
„ accumulations of refuse removed	... ..	8
„ removals of butchers' offal, &c.	... ..	4
„ legal proceedings	... ..	1

RICHARD DEEKS,

Inspector of Nuisances.



